My Safe Place

In *Comfy-Cozy Nest*, Big Bird imagines his safe place. Here’s how to help kids do the same:

1. Get Ready
   - Sit down and get comfy.
   - Close your eyes and take three deep breaths.

2. Imagine
   - Imagine a place in which you would feel safe and comfortable. It’s all yours.
   - What do you see? What do you want to be there? What colors are those things? What do they feel like?
   - Is there a person or an animal with you?
   - Try to stay there even if you start thinking about other things. Keep coming back to your place. Take three deep breaths in your place.
   - What do you smell? What do you hear?

3. Notice
   - How do you feel, now that you’re there?
   - How does your breathing feel? Fast or slow? Short or long? Deep or shallow?
   - Stay here for as long as you like.

4. Come Back Slowly
   - When you’re ready, cover your eyes with your hands.
   - Then open your eyes. Spread your fingers out so a little light comes in.
   - Now take your hands away. Here you are.
   - You can return to your safe place whenever you need to.